

A TREATISE
ON THE
ANTIPHTHISICAL PROPERTIES,
OF THE
LICHEN ISLANDICUS;

AND THE
Medical and Dietetic Management of the
different Species
OF
PULMONARY CONSUMPTIONS,
With their characteristic Symptoms, &c. &c.

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TO
DOCTOR CHESTON,
SENIOR PHYSICIAN, TO THE GENERAL INFIRMARY,
AT GLOUCESTER, &c. &c.
WHOSE EMINENT ABILITIES HAVE SO
CONSIDERABLY ADVANCED THE
PROGRESS OF MEDICAL
KNOWLEDGE.

THIS WORK
IS INSCRIBED,
AS A TESTIMONY OF RESPECT AND ESTEEM,

BY HIS MOST OBEDIENT,

HUMBLE SERVANT,

RICHARD REECE.

*Chemical and Medical-Hall,
Henrietta-street, Covent-Garden,
February 20th, 1805.*

ERRATUM.

Page 48, line 12, *for* conductor, *read* non-conductor.



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LICHEN ISLANDICUS, LIN.

*Syn. Eryngo-leaved, eatable, or Iceland
Liverwort, or Iceland Moss.*



IT appears, by the writings of the Danish Physicians, that flourished in the sixteenth century, that the antiphthysical properties of this species of Lichen were known to the Icelanders, as far back as the fourteenth. The celebrated Linnæus confirmed its reputation in pulmonary complaints, with much additional information, in 1737 ; but notwithstanding this respectable testimony, it was not much employed, till

Scopoli published the result of his experiments with it in the year 1769, which attracted the attention of his cotemporary practitioners in Germany and Denmark, to its full employment in consumptions, where it still continues a prevailing remedy in those affections.

Through the recommendation of Dr. Aikin, in his edition of Lewis's Dispensatory, Dr. Crichton, and the author of the *Thesaurus Medicaminum*, many physicians were induced to prescribe it in this country, eight years since, but evidently not in sufficient quantities to give it a fair trial. Its use has lately been revived, in consequence of the last edition of this work, and a few cursory observations published in a periodical work, entitled, "*The Physical and Medical Journal.*"

This species of Lichen possesses considerable medicinal, as well as dietetic properties; the latter, residing in a mucilage, or jelly,

which affords a regimen, well adapted to support the debilitated frame of a phthisical patient; and the former in a bitter principle, which, to a certain extent, is evidently of an anodyne, or composing nature, allaying cough, and unlike opium, at the same time facilitating expectoration, abating hectic fever and quieting the whole system, without constipating the bowels. This bitter quality likewise possesses a peculiar tonic power, differing from all others of that class, in strengthening the organs of digestion, without increasing the action of the heart and arteries; the union of such properties, unquestionably forms a most valuable remedy in the treatment of pulmonary consumptions. The bitter portion of this herb, which in the relief of the phthisical symptoms, is the chief agent, is imparted to boiling water by infusion; but by the long boiling, necessary to extract the whole of the

mucilage, or for making the concentrated syrup, this quality is considerably impaired.

Quarin, a practitioner of some celebrity on the Continent, being sensible of this fact, directs the herb to be boiled in water only thirty minutes, which extracts its bitter quality in perfection, with a considerable proportion of mucilage; and Hartmann, in whose practice it proved very beneficial, recommends two drachms of the herb to be boiled in a pint of milk for fifteen or twenty minutes, and taken for breakfast and supper, which has been much followed by the physicians in London; but with patients of weak digestive organs, this medium is apt to oppress the stomach.

Bergius, who is more lavish in the commendation of its efficacy in diseases of the lungs, directs a kind of pottage to be made with it, which he gave to the extent of a quart, in the course of twenty-four hours; and he asserts,

that in this form, it not only recovered his consumptive patients, but soon made them fat. In order to obtain much advantage from the use of this remedy, in the various species of consumptions of the lungs that occur in this country, ample experience has convinced me, that it must be exhibited to the extent of two ounces in the course of a day, which from the quantity of the decoction, and the paltry preparations, termed *Iceland Pastils*, *Lozenges*, *Syrup*, &c. &c. containing a proper dose of the medicinal and dietetic virtues of the herb, too often, by distending the stomach, increase the difficulty of breathing, and the quantity so disgusts the patient, as to induce him to relinquish the remedy entirely. These objections are effectually obviated, by following the practice of the Icelanders, and many of the Danish physicians, in using it in a state of powder.

The success that attended the adoption of

this mode in my own practice, after the other forms had been rejected, induced me to recommend it to the attention of the Medical Profession, which was the principal object I had in view, in the publication of the first edition of this Treatise; and I have the satisfaction to find, that this plan is preferred by the most eminent medical characters in this country.

For the purpose of preparing this powder, which, in the former edition I introduced, under the name of *furina*, the herb must be carefully freed from the little sticks, and other moss, which is always, more or less, gathered with it; and after being washed in cold water, re-dried in a gentle heated oven, (so as not to scorch it) and ground, it must be passed through a fine sieve, to deprive it of its fibrous parts, which contain no properties of the herb, and are perfectly insoluble.

The T^g n. (if carefully prepared) will possess,

in perfection, both the medicinal and dietetic virtues of the Lichen; and to form the jelly, does not require that long boiling which proves so destructive to its bitter principle. It may be taken in the quantity of a quarter of an ounce, or three drachms, boiled with half an ounce of cocoa, in half a pint of distilled water, or milk, which coincides with its virtues, and so far covers its bitter taste, as to render it an agreeable breakfast, and an evening repast, instead of the baneful practice of tea-drinking.

The fresh roasted cocoa nibs, or nuts, (as they are termed) I have found to answer much better, than the ground cocoa or chocolate, generally sold by grocers, on account of the oil with which they abound, being milder, and which, in chocolate especially, is often very rancid.

The powder of the Lichen may be ground with the cocoa nibs, in the proportion of one

part of the former, to four of the latter (which in the last edition, was called *Iceland Lichen Cocoa*), and used in the following manner :— To a large table-spoonful of this cocoa, add as much milk as will make it into a soft paste ; then pour on half a pint of whey, milk, or distilled water, and boil them over a gentle heat, for about ten minutes, in a pot with a close cover ; after it has stood to settle, it may be poured off for use, and a little sugar and cream added, as agreeable to the palate of the patient. If chocolate should be preferred, it may be used in lieu of the cocoa nibs, with the Lichen flour, in the same proportions ; but great care should be taken, that the * chocolate be fresh.

* A pretended combination of the virtues of the Lichen with chocolate, has been puffed off, under the name of *Iceland Chocolate*, by unprincipled dealers, which do not contain the properties of the herb, and therefore is a shameful imposition.

The farina, or flour of the herb, may likewise very conveniently be made into a kind of pot-tage, according to the practice of the Icelanders, and Danes, either in milk, water, or broth, as may appear most suitable to the case or palate of the patient, in the following manner :

To a dessert spoonful of the farina, add as much cold water as will make it into a soft paste ; then pour on by degrees half-a-pint of boiling water, broth, or warm milk, stirring it briskly the whole time : after boiling for about ten minutes, it will become a smooth thin jelly. A little sugar, currant jelly, liquorice, raisins, cinnamon, butter, or any aromatic may be added, to render it palatable.

If the strength of the patient be much reduced, the Lichen may be very advantageously combined with an animal jelly, by first boiling an ounce of the true stag's horn shavings in a pint and a half of water to one pint, and adding a

dessert spoonful of the farina lichen, previously well mixed with a little water or milk ; stir them together, and boil for ten minutes ; it may be flavoured with any spice approved of by the medical attendant. Care should be taken that the true stag's or hart's horn shavings be employed, as those generally sold are made from calves' bones, which do not impart any jellatinous property to water, being deprived of it by the process of bleaching.

If the phthysical symptoms should indicate the use of the bitter quality of the Lichen in greater proportion than contained in the farina—such as troublesome cough, difficulty of expectoration, loss of appetite, diarrhoea, and profuse perspiration ; a concentrated infusion may likewise be employed—for this purpose three ounces of the contused herb may be infused in a pint and half of boiling water for three hours ; evaporate the strained liquor over

a gentle heat, to the consumption of one half, and add one drachm of extract of liquorice; three table-spoonfuls of which may be taken every three or four hours.

This mode of administering the bitter* portion of the herb as a medicine, I have found to answer in several instances after the other preparations have been rejected as articles of diet, directing the patient to use the jelly of the arrow root or tapioca, over which I do not conceive

* The Rev. Mr. Worsley, of Stongrave, in Yorkshire, to whom I recommended the use of the Lichen Islandicus, for a chronic affection of the lungs and spasms of the bowels, which had reduced him to a state of great debility and emaciation, derived more advantage from the concentrated infusion than any other preparation of the herb, or any medicine he ever took; and in a letter dated October 4th, 1804, he observes, "that since taking it, which was upwards of twelve months, he had not experienced a relapse of the spasmodic complaints in his bowels," to the most severe paroxysms of which, he had been for many years subject.

the jelly of the Lichen, after being deprived of its bitter, to possess any advantage whatever.

The decoction of this herb, which is frequently prescribed by physicians, and sometimes preferred by the patient, is made by boiling, over a gentle heat, one ounce of the herb (previously washed in cold water) in a quart of distilled water, for the space of fifteen minutes; two drachms of liquorice root sliced, may be added, about five minutes before it is taken off the fire. A tea-cup full of this decoction should be taken three times a day; or, a quarter of an ounce of the herb may be boiled in half a pint of milk for ten minutes, and taken for breakfast and supper; or, if chocolate be preferred, it may be made with the decoction of the herb, as directed above (without the liquorice), in the usual manner, instead of water or milk.

In consequence of different preparations of the Lichen Islandicus not containing its medicinal

properties, being industriously advertised in the daily papers, &c. as a remedy for consumptions, asthma, &c. &c. under the apparent sanction of the Editors of a periodical Medical Work, which the public might consider of greater authority, than is allowed by the profession, I think it an incumbent duty to caution the public against their use. These preparations are recommended by a Monsieur Regnault, who represents himself to have been a practitioner in the French army. In the distributary bills, circulated by his agent, a perfumer and dealer in toys, they are termed the *Concentrated Syrup*, *Iceland Chocolate*, *Iceland Lozenges*, and *Iceland Jelly*; and in Monsieur Regnault's pamphlet, a table of diet, or bill of fare, is given (stated to be made of the Iceland moss) consisting of cream, biscuits, and gruel, which is followed by way of dessert, or second course, with Iceland pastils, lozenges and jellies; and from the

suggestion of a Doctor Orœus, in Russia, to make bread with it we may expect a valuable addition to this curious display of puddings, pies, &c.

If this kind of diet was to be adopted by the English, it would prove highly advantageous to the legislature, in increasing the revenue; but not a little puzzle the Commissioners of the Stamp Office, to contrive stamps to be applied, according to the late Act of Parliament, for regulating the duties on quack medicines, within the meaning of which these advertised remedies, are supposed to fall; and the agent has, therefore, very wisely taken the precaution of annexing this *sanction* of the legislature.

Although such preparations must be unworthy the notice of the regular practitioners of this country, I think proper to make a few cursory remarks on them, in consequence of a letter that appeared in a monthly work, entitled

“The Physical and Medical Journal,” as a communication from a foreigner, whose wife is stated to have derived advantage from these remedies, with a reference to the venders.

The concentrated syrup, by the previous infusion of the herb, in boiling water, and the long boiling it is subjected to for reducing it to a proper consistence, is deprived of its bitter quality, to which the salutary effects of the Lichen are principally to be attributed; besides, this preparation, by fermenting, and becoming mouldy in the course of a few days, (from the quantity of sugar employed) often produces so strong an acidity in the stomach, as to excite or increase the colliquative diarrhœa of consumptive patients, which must be considered by every practitioner, of experience, the most alarming and formidable symptom of the disease.

With respect to lozenges, it must appear evident

to every medical man, that the virtues of the herb cannot be so far concentrated, as that two pounds of them should contain a dose of the virtues of the Lichen ; and I cannot but express my surprise, that the Editors of the Medical and Physical Journal, should so deviate from the plan on which that work was first recommended to the faculty, by sanctioning such paltry nostrums. These lozenges, in their distributary bills, are stated to correct the very complaint they will most assuredly produce, viz. acidity in the primæ viæ. If this is the *original correspondence* of eminent practitioners, and impartial and able criticisms, &c. &c. that this periodical work is represented to contain, by the publisher's advertisements, he must not be surprised at its losing the support of professional characters of respectability ; nor must he wonder at the preference given to the Medical and Surgical Journal, conducted by men of experience and judgment.

The jellies, creams, biscuits, and chocolate, are liable to the same objections as the syrup. In allusion to these preparations, the Editors of the Journal wisely observe, "that they cannot injure any patient;" they should have known, that if they are not capable of arresting the progress of the disease, they must do mischief, in occasioning a loss of time, which to consumptive patients is of the greatest importance. Placeboes may in some cases be proper, but in diseases of the lungs, they cannot be justified. It is evident, that this French author, by only enumerating these dishes, &c. of the Lichen, is really ashamed of them; and I am not a little surprised, after my public account, he should still have the effrontery to persist in advertising them in the public prints, a practice derogatory to a character that soars above quackery. These observations, which appeared in the former edition of this work, gave rise to

some scurrilous remarks on that publication, by Monsieur Regnault, which is artfully introduced in a letter addressed to the Editor, under the signature of "An Invalid," calling on Monsieur Regnault, to give his opinion, publicly, on the mode of employing this herb, recommended by myself. The stile in which this letter was couched, and the very *modest* and novel mode of appealing through the medium of a public print, to an individual for his opinion, on a subject in which the person solicited, was so *deeply* interested, appeared to me so extraordinary and ridiculous a request, as to leave no doubt in my mind, that the author was Monsieur Regnault, and I accordingly addressed the Editors on this palpable artifice, and the impropriety of introducing the name of a regular practitioner, in an anonymous letter, the intent of which, was evidently fraught with malevolence. My letter was not inserted on account of its not being paid for; and as it was

not my purpose or my interest, to avail myself of such spurious alternatives for instituting public controversy, or to obtain publicity by such mean artifices, I took no further notice of it, considering it wholly beneath any reputable practitioner to heed; but, lest my silence may be admitted by the public as an acknowledgement of Monsieur Regnault's advancement; I shall here confute those futile arguments, which must have exposed him in the eyes of every medical practitioner.

Monsieur Regnault, in compliance with the modest request of this *pretended invalid*, instead of endeavouring to prove that my assertions respecting his preparations were erroneous, which one would have supposed he would have attempted to confute, he labours to insinuate that the Lichen in powder, is not adapted to the digestive organs of HIS CITIZENS, and that his preparations should be preferred on account of their being HALF DI-

ESTED by the long boiling they are subjected to. A little knowledge of pharmaceutical chemistry would have taught him, that any substance, in a state of powder, requires considerably less boiling or infusion, to extract its virtues, than in substance, on account of a greater surface, being exposed to the action of the menstruum, and that by much boiling, the volatile and active parts of vegetables are evaporated or decomposed, so as to leave the decoction little better than common water, which is not only the case with the Lichen Islandicus, but almost every vegetable production used in medicine.

According to Monsieur Regnault's theory, a decoction of wheat is preferable to the flour or bread, and that the bran is not less nutritious ; so that we may next expect to hear of wheat jellies, and bread lozenges, puffed off in the public prints, under the apparent sanction of the Editors of the Physical and Medical Journal, who may be

induced to sanction them, because they can *do no harm*. A little knowledge of the chylo-poietic functions would have convinced Monsieur Regnault of the absurdity of his hypothesis, of the effects of mucilages, viz. “ That they *lubricate the membranes, and parieties of the viscera, and coats of the vessels, allay spasm and irritation, alleviate the inflammation and pain, envelope and destroy the acrimony of the fluids, soften their pungency, and blunt the activity of the acrid juices of the primæ viæ.*” A knowledge of physiology would have taught him, that digestion in the stomach *alone* is capable of converting our aliment into chyle ; and that the power of animal digestion, can *alone* assimilate it into our own nature. Experience in pharmacy would have taught him that the fibrous parts of vegetables do not contain their virtues, and that they are of an insoluble nature, and therefore constitute the *feces* of graminivorous animals ; and the *farina*

or flour of the Lichen, being exempt from them, gives it a decided superiority over every other preparation.

In his description of the properties of the Lichen, he observes, "The virtues of the Lichen are contained in a mucilage of a peculiar nature, which is rendered more effectual by its intimate combination with a *bitter principle*;" yet in his pamphlet he states, page 26, before the decoction or syrup is made, "the herb must be infused in *boiling water* to *take off the bitterness* which renders it disagreeable;" and in his letter in the public print, he positively denies my assertion, that this bitter quality is imparted to boiling water by infusion.

Monsieur R. might have been a little more consistent. This empirical cant concludes with a reference to the Physical and Medical Journal, of January 1st, 1804, "where other mistakes of Mr. Reece's," he observes, are noticed, which he has POLITELY not mentioned.

The counter-part of this letter, to the astonishment of many professional gentlemen appeared in the Physical and Medical Journal ; but whether the same means ensured its insertion in that work, as in the daily paper, I have not been able to ascertain ; one would, however, suppose that the Editors would not so far have sacrificed the interest of the publisher without some remuneration. Such is my opinion of this work, that its censure or sanction are equally indifferent to me ; and from the rapid sale of my last edition, and the general adoption of the mode of employing the Lichen therein recommended, by the most eminent physicians in this country, I am confirmed in the belief, that in the estimation of the medical profession, it ranks but little higher ! But as Monsieur Regnault has publicly quoted this work as *high authority*, I shall here reply to the futile and weak objection which they have

thought proper to make ; and for this purpose I shall give a copy of this *impartial* and able criticism. As Dr. Batty has assured me he had no share in it, I shall direct my arguments to Dr. Bradley only.

After copying the title page of the work, he observes, “ the principal object of this short pamphlet, appears to be to suggest what the author considers as improvements upon Mons. Regnault’s mode of employing the Lichen. These are founded on a division of the properties of the plant into the bitter and the mucilaginous parts, and combining them according to the indications, with other auxiliaries.

‘ The Lichen Islandicus (says this author) possesses considerable medicinal and dietetic properties ; the latter residing in a strong mucilage, which affords a regimen well adapted to support the debilitated frame of a phthysical patient ; and the former in a bitter, which, in proper

doses, is evidently of an anodyne nature, which powerfully allays cough ; and, unlike opium, at the same time facilitates expectoration, abates hectic fever, quiets the system, without constipating the bowels. It is likewise tonic, which strengthens the organs of digestion, and, different from any other of that class, without increasing the action of the heart and arteries—the union of these properties unquestionably affords a most valuable remedy in the treatment of pulmonary consumption.

‘ The bitter portion of this herb, (which must be considered the principal agent in the relief of the phthisical symptoms) is readily imparted to boiling water by infusion ; but by the long boiling necessary to extract its mucilage, this quality is nearly destroyed. Quarin, sensible of this circumstance, directs the herb to be boiled in water only half an hour, which extracts but a small portion of the mucilage, and

contains its medicinal virtues unimpaired ; and Hartmann recommends two drachms of the herb to be boiled in a pint of milk a short time, which is ordered to be drank off in a morning ; and this form has been most followed by the physicians in London ; but with patients affected with dyseptic symptoms, this medium often proves too heavy.'

On this extract, Dr. Bradley makes the following comments.

“ Our observations do not confirm these assertions ; we do not find the bitter quality of the herb destroyed by the boiling necessary to extract its mucilage, if the boiling be properly conducted, which should be only digesting in a boiling heat, the bitter will not be diminished. The practice imputed to the physicians in London, of recommending a slight boiling of the plant in milk, is contradicted by our information, and we should be surprised to find any

such practice generally prevalent in the metropolis. If, however, medical men should be desirous of combining the virtues of the Lichen with a milk diet, they can be at no loss to reconcile them to dyspeptic habits.

“ The author agrees with Mons. R. p. 6, in recommending a full and free use of the plant, both as diet and medicine ; but he prefers a flour, or, as he terms it, a *farina*, made from the herb, which he thinks may be converted into the suitable preparations more easily than the plant itself. This, indeed, is the practice of the Icelanders, who make it a principal article in their soups or broths, and often make bread of it ; but their mode of grinding it, or any other that could be employed in private families, is too troublesome for general use. We have therefore been in the habit of recommending the digestion in a boiling heat for two or three hours ; and when the liquor has been

strained, as much of the herb is to be rubbed through the sieve as can be made to pass, and mixed with the liquor. By this process, all the virtues of the plant will be obtained, without the trouble of grinding it; the danger of sophistication, to which the temptation is so great, and the detection so difficult, when the meal is purchased ready ground, will also be avoided. Though Mr. R. may prepare it faithfully, others may adulterate; and there is no exclusive privilege to guard us against frauds."

Experience would have convinced Dr. Bradley, that my assertions, respecting the bitter quality of the herb are perfectly correct; and if he had doubted them, he should have made the experiment, before he had so positively contradicted them. As to the practice of the physicians in London, in ordering the herb to be boiled in milk; which should be the best judge, Dr. B. with his confined connection,

or myself, who have been in the habit of seeing the prescriptions of almost every physician in London, that recommended the Lichen ?

The observations on reconciling milk to dyspeptic habits, are too ridiculous to heed, and certainly mean nothing.

Where does Dr. B. find, that I agree with Mons. Regnault in the use of the Lichen ?—— This declaration proves, that Dr. Bradley has not even read my Treatise, on which he thus hazards his opinion ; if he had, he would have found, that we differ as materially as two persons possibly can—Mons. Regnault, recommends the herb, to be deprived of its bitter before its use, with a set of nostrums ; while I assert, that the efficacy of the Lichen, resides in the bitter portion ; and that my mode of employing it, is perfectly free from empiricism.

As to the method of rubbing the herb through the sieve, suggested by Dr. B. after making the

decoction ; what difference can it make, whether it be passed through a sieve before, or after boiling ?—This is certainly a very curious way of making an decoction of an herb, and contrary to any rule in pharmaceutical chemistry. If Dr. B. had been conversant in pharmacy, he would have known, that articles in powder, require less boiling to extract their virtues than in substance, on account of a greater surface, being exposed to the action of the boiling water ; and that the fibrous parts of the herb, from which the *farina* is exempt, would be forced through the sieve, according to his method of preparing his *pulpy decoction*, which from its muddy and stringy appearance, I doubt much, whether the Doctor, with all his eloquence, could prevail on his patients to take in due quantity, or for any length of time ; and with all his pharmaceutical knowledge, he could not have devised a more disgusting preparation. If the doctor

had condescended to have made this pulpy decoction, he would have found, that the bitter quality is much impaired by the boiling he recommends ; and that the rubbing of the herb through a sieve, is much more laborious than grinding it in a dried state. His objections to the powder or farina of the herb, because it MAY BE adulterated, to which he shrewdly observes, the *temptation is so great*, and the detection *so difficult*, are the most futile that could be started.

Would any practitioner of candour and impartiality, object to an article in powder on such a frivolous pretence ? Is the Peruvian bark, in a state of powder, ever objected to, because it *may* be adulterated ? What are the great temptations that could induce any unprincipled dealer to sophisticate it ? certainly not avarice or gain, for no article could scarcely be found cheaper ; and the difficulty of detecting such sophistication is mere surmise : on the contrary,

however, I am persuaded, from its peculiar taste, colour and mucilage, any admixture might be discovered with facility. After these objections, he ridiculously confesses, that the Icelanders made use of it in powder, to which they were led by experience ; and I must observe, that no impartial man could object to it in that state.

This able and impartial criticism, which reflects much credit on the conductor of this work, concludes with the very singular observation, that the second edition of Mons. Regnault's publication will soon appear, which is not only a proof of his decided partiality, but, in my opinion, that he must be concerned in that work, or otherwise he could not have stated so positively, that it would contain much *important* information, relative to the *pathology* and treatment of consumptions, *before* it appeared in print.

These *important* discoveries made by Mons.

Regnault, I shall now proceed to notice.—The doctrines certainly have a claim to NOVELTY in *this age*, and as Dr. Bradley, by his approbation, has subscribed to them, I shall direct my arguments to him, considering them as from Mons. Regnault, unworthy of attention.

Mons. Regnault observes, page 20, “ Every one knows, how much mucilaginous substances are employed in affections of the breast. These substances *lubricate the membranes and parietes of the viscera and coats of the vessels*, allay the *spasm and irritation*; *alleviate the inflammation and pain*; *envelope and destroy the acrimony of the fluids, soften their pungency, and blunt the activity of the acid juices of the primæ viæ.*” And a little further it is stated—
“ Though they sit easy enough on the stomach, through their insipidity they *weaken and diminish the tone of this viscus*; *injure the appetite*; *retard and impede digestion*; *poared*

into the blood in too great a quantity by the lacteals, they take from this fluid its active stimulant properties, and insensibly diminish the energy necessary for the re-establishment of health."

This *important* communication on the effects of mucilaginous diet, must prove highly interesting to the profession of *this country*, as tending to elucidate the Boerhaavean doctrines of the proximate cause of inflammation, being a preternatural lentor of the blood, no doubt derived from the use of mucilages exciting inflammation, by *lubricating* the *parieties* of the *vessels*, and blocking up their small ramifications.

Thirty-eight pages of this *valuable* work are devoted in the reproach of what he terms the *English* practice, condemning more or less almost every drug that has been recommended by the most eminent medical characters, in the

treatment of affections of the lungs, and which the experience of two thousand years has proved, may be employed in the different species and stages of pulmonary consumption, with the most decided advantages.

Under the head of mineral acids, the vitriolic acid is condemned, because in one case, after its use, (page 79), “ the stomach was found particularly *tough* ; its coats were *thicker* than common, and its internal surface was *unequal*, and covered with *varicose vessels*—and (page 80), it is stated, “ that acids *injure the functions* of the *primæ viæ* and the *blood* ; they destroy the *balsamic* and *alkaline quality* of the *bile* ; they give too great a *density* to the *fluids*, particularly the *chyle* ; they dispose to *constipation* of the bowels ; they *retard the secretions*, and *form obstructions* in the *viscera*. THE INJURY, the *digestive powers*, and the *depra-*

vation of the *chyle* and *blood*, soon deprave the *other humours*."

The next sentence contains "a case of a young man, who died of a tubercular phthisis, which principally originated in the *abuse of acids*."

Few English practitioners will attribute such effects to the sulphuric acid on the human body, or be deterred from prescribing this medicine, for the purpose of restraining the colliquative perspirations attendant on phthisis."

Under the head of balsams, gum ammoniac, myrrh and storax are condemned, as "*the most DANGEROUS* of all remedies employed in phthisis;" and although he denies that they reach the lungs, yet, it is stated, that "*they kindle in them heat and inflammation*."

In incipient phthisis, no British practitioner ever thought of *prescribing* these medicines, but in the purulent state experience has most satis-

factorily proved, that *they* may be employed with the most important advantage, of correcting the discharge of the ulcers and secretion of the lungs; and in cases of morbid actions of secreting surfaces, they have always a very salutary effect, although attended with chronic inflammation.

Of milk, (page 28)—He observes, “it is generally ordered in the most *inconsiderate* manner, in all the different stages of the disease”—and so far from milk being of any utility in phthisis, it is asserted, that “it *augments the symptoms*, and *produces various distressing circumstances*, such as *acidities, flatulence, diarrhœa, sweats, &c.*” and, (page 84), he observes, “milk can never produce the good effects, when there are *indurations, tubercles, scirrhi, &c.* in the lungs;” and (page 85)—“If we reflect on the *putrescent principle*, which it *must* communicate to the *whole mass of the fluids*, which in the con-

sumptive, are rapidly *tending to putrescence* — How many reasons shall we not find to suspect that milk can never fulfil the indications which have been expected from it in pulmonary phthisis ?”

The experience of many ages, as well as the arguments that may be adduced from analogy, have proved to the conviction of every candid inquirer, that it affords the best nutriment, to support the debilitated frame of phthisical patients of this country.

Speaking of external evacuatories, (page 87) blisters are condemned, because “ the continued use of cantharides produces throughout the *whole humoral system*, a very *sharp volatile salt*, which remarkably favours the *dissolution* of the blood ”

Under the head of the *abuse of bleeding*, (page 99,) he prefers the loss of blood by leeches, because “ the *fastening* of the leeches produces

some pain, which causes a *fluxion of caloric* to the part." Lime-water is objected to, because it "*deteriorates the digestive powers.*" Sea-voyages do not meet with this author's approbation, without assigning any reason, probably because it might affect the sale of his alimentary preparations of the Lichen. Are these the "*considerable additions and improvements in the pathology of consumption, and the manner of treating its different stages, that Dr. Bradley announces this edition would contain?*" Surely Dr. B. did not mean to insult the understanding of the readers of the Journal, by recommending to their perusal such abominable nonsense, which would have disgraced the writers of the dark ages. I have patiently read every page of the work, and instead of any additional information respecting the pathology of the disease, I do not find any account of its pathology whatever, and if these additions and improvements

are not pointed out by Dr. Bradley, I shall consider these assertions nothing more than an artful bait, to induce his readers to become purchasers of the book.

Will Dr. Bradley say, that it contains any information but what was well known before? Does it afford any further account of the Lichen Islandicus, than has already been published in a work, entitled "*The Thesaurus Medicaminum*?" After such an able criticism, the publisher may expect a considerable influx of *valuable* works to be puffed off; such as "The Guide to Old Age, the Guide to Health, &c" whose alphabetical cases may be quoted to prove the efficacy of their medicines, and to fill up the *Physical Journal*, for "the propagation of original information*." Such may answer the

* As M. Regnault has been so very communicative on a subject, which to English practitioners was well known before, the author takes the liberty of requesting him to be as explicit on the nature of the foreign nos-

purpose of the Editors, but must very materially militate against the interest of the publisher.

Dr. Duncan, in his edition of the Edinburgh Dispensatory, after acknowledging that he has not given the Lichen Islandicus a trial, observes “ If it has any effect, it is probably as a low article of diet ;” and this opinion has been too generally adopted by the physicians of this country. The Editors of the *Medical and Chirurgical Review*, a publication of celebrity, accordingly represent it “ as one of the modish and trifling novelties of the day, and as succeeding to Indian Arrow Root, Tapioca, &c. trums, he lately proposed to a vender of patent medicines in London, to import into this country, and particularly the preparation which has been puffed off in the public prints, under the name of “ Boolsam’s Specific for Deafness,” of which he understands Mons. R. is agent.

Such a communication, will at least contain some *novelty*, and will shew in what class the long list of Quack Medicines of this country is deficient.

and like them has been puffed into use." With respect to its dietetic properties, I perfectly agree with them, that it does not possess any advantage over these farinaceous substances, and as an article of diet, perhaps more objectionable, on account of the unpleasant jelly it forms. They should not, however, have confined their observations to its dietetic properties, but have taken some notice of the *bitter* quality, which it possesses in a considerable degree. They should have stated from experience, whether it really produces those salutary effects in phthisis pulmonalis, I have ascribed to it.

The few errors they condescended to notice in a sheet which was printed by mistake without being previously revised by myself, they will find corrected. The approbation of the very respectable Reviews, "The British Critic and Monthly Review, &c. makes ample amends

For censures, which every candid practitioner must allow to be unmerited.

I shall now proceed briefly to notice the various species of phthisis pulmonalis, which occur in this country, and such medicines which may be employed with advantage, as auxiliaries to the Lichen Islandicus, in their different stages. It has been a very general opinion, that the most prevailing species in this country, arises from the formation of tubercles; and when the expectoration has a purulent appearance, it has been but too generally supposed that ulceration had taken place, which is far from being confirmed by the dissection of those who have died of what has been pronounced tubercular, or purulent phthisis.

The melancholy frequency, and almost uniform fatality of these diseases, induced me at an early period of my medical studies, to pay particular attention to their symptoms and causes,

and the public appointments I have held, have very considerably favoured my investigations.

The species that occurs most frequent, appears to be a degenerated catarrh, that is, a morbid secretion of the trachial, and bronchial glands, attended with a chronic inflammation of the internal membrane, which I shall consider under the head of

Phthisis Catarrhalis.

It commences with the ordinary symptoms of catarrh, attended with a tickling sensation at the top of the trachea, a short and frequent cough, and an expectoration of a thin mucus of a saline taste. From neglect, the internal membrane of the trachea and bronchia, become affected with chronic inflammation; the mucus expectorated more thick and opaque, and changes from a salt to a sweet taste. and as the disease advances, assuming a purulent ap-

appearance, and on first being spit into water, swims, but, on the disengagement of the air entangled in it, will sink ; as the disease extends through the course of the bronchial ramifications the hectic symptoms increase. The mucous glands become tumid and much diseased, and I believe in this state have been often mistaken for tubercles. The chronic inflammation spreads, adhesions take place in the cellular substance, so as to prevent, by degrees, the due expansion of the lungs. The matter expectorated, is rarely tinged with blood, and often very tenacious.

Treatment.—On the first attack of this disease, or during what I would term its *catarrhal stage*, small doses of ipecacuan, a blister between the shoulders, the loss of a few ounces of blood, and low diet, will in general succeed ; but when the disease has advanced to the phthisical stage, that is, when the mucous secretion becomes vitiated,

and the internal membranes of the trachea and bronchia inflamed, with the usual constitutional sympathy, the cure is often extremely difficult.

The balsamic or terebinthinate medicines, by correcting the mucons secretion, and thus allaying the irritation of the inflamed internal membrane of the trachea-bronchial ramifications, and instead of increasing the hectic symptoms, I have uniformly found them to quiet the system. They may be given in conjunction with such other medicines, as predominating symptoms may indicate. When the hectic symptoms run high, the acetated ceruss may be added with advantage in the following proportion :

R. Bals. Canadensis vel.

Balsam. Copaivæ. drachm. ij.

Mucil. Gum. Arabic. unc. ij.

Cerussæ acetat. gr. vj.

Aq. Rosæ. Unc. vj.

Syr. Papav. alb. drach. vj. Misce s. a. Cap.

Cochl. ij. larg. ter vel. quater die.

If the expectoration be difficult, a drachm of gum ammoniac, or tincture of squills, may likewise be added; and if the cough be very troublesome, six or eight grains of the pilul. e. styrace, may be taken at bed time.

The hepar sulphuris, may be occasionally employed in the dose of two or three grains dissolved in distilled water, to abate hectic heat. This medicine, in many cases of phthisis, where the inflammatory symptoms were unusually severe, I have found a most valuable remedy, in cooling the body and quieting the circulation, in which it has succeeded, after the digitalis had failed.

The Lichen Islandicus should be employed in such quantities, as nearly to constitute the diet of the patient as directed, page 5.

Water deprived of its impurities by distilla-

tion, is a most important article, in the cure of all affections of the lungs; it should not only form the principal beverage of the patient, but be employed in every article of diet, in which water is required.

A perpetual blister, or a seton between the shoulders, or over the breast bone, is likewise a remedy of great importance, and should not be neglected, although the symptoms may be moderate. A double flannel waistcoat should be worn next the skin, to lessen the determination to the lungs, and as a conductor of caloric, from the body to the atmosphere, and vice versa, will obviate the bad effects of any sudden vicissitudes in the air, but as it possesses this property only when perfectly dry, it should be changed at least every night and morning.

In case of *profuse* perspiration, eight drops of the diluted sulphuric acid should be taken in a little distilled water, two or three times a day.

but if they should not be in such quantity as evidently to reduce the strength of the patient, they should not be checked suddenly.

Colliquative diarrhœa may in general be relieved by native vegetable acids, as a roasted apple, &c. but in case this symptom should prove obstinate, a tea-spoonful of preserved sloes may be taken frequently; or the following mixture may be substituted for the balsamic mixture, till the number of motions are reduced to one or two in the course of twenty-four hours.

R. Decoct. Cornu. Cervi. Unc. xij.

Tinct. Opii. gut. xl.

—— Cinnam. drachm. vj. m.

Cap. Cochl. ij. vel. iij. ter. vel. quater in die.

The air of large cities or towns, has generally been condemned as too impure for consumptive patients. From the change it is constantly un-

dergoing, I do not think the residence in large towns so injurious as has been generally imagined. The air of Pentonville, and Hampstead, I believe to be good, notwithstanding they are so contiguous to London ; and I have known consumptive and asthmatic patients breathe with greater facility at these places, than any part of England.

The inhalation of anodyne and other vapours, as topical applications, one would suppose would prove beneficial ; but they have never answered my expectations ; and in some instances, by provoking cough, have certainly proved prejudicial ; they are, therefore, an ambiguous remedy, and should not be persisted in, if they evidently irritate the lungs.

The diet should be light, and consist principally of vegetable jellies, as the lichen, arrow-root, tapioca, puddings, &c. Animal food,

especially in substance, and wine and spirits, of all sorts, should be abandoned as poisonous.

Milk may likewise be taken occasionally ; if that of the cow should prove too heavy for the stomach, it may be mixed with distilled water in the proportion of one half. Asses milk being thinner than that of the cow, is often retained on the stomach after the latter has been rejected. It is of importance that the milk be taken from a young healthy and well nourished animal. It should likewise not be much exposed to the atmosphere, or boiled, as its nutritious properties materially suffer thereby.

As muscular exertion, by hurrying on the circulation of the blood through the lungs, will provoke cough and aggravate the symptoms, such exercise should be adopted, in which the muscles of the body are but little concerned—such as swinging in a machine, riding in a carriage, which instead of accelerating the

circulation of the blood, generally diminishes the action of the heart and arteries, and considerably quiets the system. Sailing has on the same principle cured many obstinate diseases of the lungs.

The uva ursi has lately been recommended as a remedy for phthisis; but in the few cases in which I have given it a trial, it does not appear to possess any antiphthisical properties whatever.

The saline mixture so frequently prescribed, with a view of abating fever, uniformly aggravates the symptoms, as well as all saline medicines, which I attribute to the irritating quality they impart to the blood.

In females, this disease is frequently attended with a suppression of the menstrual evacuation, which will require attention.

With respect to pneumatic medicine, or the exhibition of different gasses, so little advan-

tage has been derived from them, that they seem now to be abandoned, even by those who were their strongest advocates.

It has been asserted by the pneumatic theorists, that the blood of consumptive patients is often super-oxygenated, which tend to prove, that the lungs thus diseased, perform their office *better* than when in a state of health; and some have stated, that the absorption of oxygen is in proportion to the disease. The external symptoms, either of superabundance or deficiency of oxygen are extremely fallacious; for I believe the florid state of the skin, of the face, lips, nose, &c. is occasioned by an absorption of oxygen from the atmosphere through the cuticle of those parts.

At the end of this work I shall annex a few cases of this species, of phthisis, which have been cured by the foregoing treatment.

PHTHISIS PITUITOSA

This species of pulmonary consumption occurs about the age of forty, and upwards ; it commences with the ordinary symptoms of catarrh, attended with considerable secretion of mucus, from the internal membrane of the trachea, bronchia, and the whole internal surface of the lungs, amounting to the quantity of four pounds in 24 hours—at first clear, inodorous, and tasteless, but gradually becoming opake ; and after two or three months, a kind of chronic inflammation of the internal surface of bronchia, and their ramifications supervene, and the matter expectorated becomes more vitiated, and of a purulent appearance (as the discharge from other inflamed secreting surfaces) increased in quantity, but rarely streaked with blood : the patient for the first time, now complains of pain in the chest, principally experienced on coughing, which is soon followed

by the train of symptoms constituting hectic fever : the legs at length become œdematous, and the powers of the constitution so reduced, that the patient has not the power of expectorating, without an effort of the diaphragm, amounting nearly to vomiting ; the cavities of the lungs, in consequence, become so filled with mucus as to produce suffocation.

The air vessels of the lungs, on dissection, are found much distended with mucus, and are very ponderous, the internal surface inflamed, and after the removal of the contained mucus, are very flaccid, and without any appearance of ulceration.

This species of pulmonary consumption appears to be frequent in this country. It is generally the consequence of catarrh, which, by debilitating the lungs, produces a disease similar to that we observe occur in other se-

creting surfaces from relaxation ; as the leucorrhœa or blennorrhœa, the discharge of which, often assumes a purulent appearance, when attended with inflammation. The mucus expectorated in the last stage of this disorder, being taken by Mr. De Haen for pus, that author not being able to detect ulceration in the lungs of those who died of the disease, concludes, that pus may be formed in the blood vessels, and from thence poured into the bronchia.

Distinction.—This disease may be distinguished from the true phthisis purulenta, in being attended with a more copious expectoration of mucous matter of the same appearance throughout, and never tinged with blood ; whereas the pus in the purulent phthisis may be *distinctly* observed, imperfectly blended with a clear mucus, and often streaked with blood. The hectic fever is likewise con-

considerably milder, and does not occur till a later period of the disease. The matter expectorated is inodorous and tasteless to the patient, but in the purulent phthisis it is offensive to the taste, and often to the smell; and the patient is rarely affected with diarrhœa.

Treatment.—In addition to the use of the farina, and concentrated infusion of the Lichen, frequent emetics of ipecacuanha or zinc. vitriol. will prove of considerable advantage, by compressing the lungs, and thus forcing the mucus, secreted in them, into the bronchia and trachea, so as to be expectorated without the fatigue of much coughing. They likewise produce a salutary determination to the skin; and instead of debilitating the system, the patient uniformly feels an evident acquisition of strength, and will breathe with much greater facility for some days. They should be repeated twice a week, or as often as the difficulty of respiration.

indicates a loaded state of the lungs, employing, in the intermediate time, tonic and expectorant medicines combined, as the following :—

No. 1.

R. Gum. Myrrhæ. drachm. iij.

Infus. Lichen Island. concent. lib. j. m.

Cap. Cochl. iij. larg. ter Die.

Vel No. 2.

R. Bals. Canadens. drachm. iij.

Mucil. G. Arabic. unc. ij.

Tinct. Scillæ. drachm. iij.

Inf. Lichen Island. concent. unc. xij.

Misce. Cochl. iij. larg. ter die sumend.

Vel No. 3.

R. Gum. Ammon. drachm. ij.

Tinct. Tolu. drachm. iij.

Inf. Lichen Island. concent. unc. xij. m.

ut No. 2. sumend.

In case of profuse nocturnal perspirations, three drachms of the diluted sulphuric acid may be added to either of these mixtures.

To excite a little counter-irritation, a stimulating plaster of Burgundy pitch and euphorbium, should be applied between the shoulders, or over the breast bone.

Opium, by weakening or paralysing the powers of expectoration, is in this case inadmissible.

Digitalis, which is certainly an excellent remedy in the *phthisis incipiens et confirmata* is a very dangerous medicine in this species, and has in many instances, by weakening the vis vitæ, produced premature death—The increased impetus of the circulation in this case I consider to be for the purpose of oxygenating the blood.

Distilled water should be employed as directed for the catarrhal species. The diet

should consist principally of animal jellies, and even meat in substance.

PHTHISIS SCROPHULOSA.

This species arises from the formation of tubercles in the lungs, which often exist many years, without even affecting respiration ; but from an increased febrile action in the system, a determination to the lungs from obstructed perspiration, or at the period of life when a female should menstruate, or the male arrives at his acme, or full growth, they become inflamed, and constitute what is called *phthisis incipiens vel sicca*, which is evinced by febrile heats, pain in the chest, dry cough, difficulty of breathing, &c. In this stage, as we know of no medicine capable of resolving the tuberculous concretions, the most active means should be employed to prevent the formation of matter in them * by occasional bleeding, by the counter-

* It is at this period that heating anodyne medicines of quacks are so injurious.

irritation of blisters, by producing a determination to the skin by diaphoretics, by checking the impetus by the circulation of the blood by digitalis, lessening the *vis vitæ* by abstinence from animal food, allaying cough by anodyne and demulcent medicines, and obviating the effects of sudden vicissitudes in the temperature of the atmosphere, by the use of flannel next the skin. Should we succeed, by these means, in suspending their action, they may become vascular, or be absorbed: the latter of which Dr. Cullen thinks often takes place.

The use of the tonic power of the Lichen, in this stage of the disease is not so proper as its mucilage, lest it should increase the inflammatory diathesis of the system, effects attributed to it by Hertz of Berlin, and Dr. Stoll of Vienna. The jelly of the arrow-root, tapioca, or sago, may be employed without any such

risk. The digitalis may be given in conjunction with anodynes, &c. as the following mixture :

R. Emuls. Amygdal. unc. vij.

Tinct. Digitalis.

[Kali Sulphurat.

Vini. Ipecac. aa drachm. j.

Extr. Papav. Alb. drachm. fs. m.

Cap. Cochl. ij. larg. ter die, vel urgent.
tussis.

The dose of the tinct. digitalis should be increased three drops a day till it diminishes the action of the heart and arteries, if the state of the stomach will admit of it.

The discharge of the blister or blisters should be kept up, by dressing them (after the dead cuticle is entirely removed) with the savin ointment, till the irritation in the lungs is removed.

When the inflammation has unfortunately advanced to suppuration, and consequent ulceration, it is termed

PHTHISIS CONFIRMATA.

In this stage we have the formidable symptoms of hectic fever to combat, from whence the bad effects of ulcerated lungs on the vital functions arise ; for, without this constitutional affection, I have known patients who have had ulcers in the lungs for thirty years, without experiencing any other inconvenience than a little difficulty of breathing, a slight cough, with an easy expectoration.

The ulcers in proportion to their number and size, discharge a quantity of purulent matter in the air vessels of the lungs, which is brought up by coughing, mixed or surrounded with phlegm, often streaked with blood, and generally offensive to the smell and taste, but sometimes salt

or sweet. The hectic fever is of the remittent kind, occurring about noon, and again about five in the afternoon, which gradually increases till midnight. The cold shiverings are generally of a short duration—as the disease advances, the evening attacks soon become attended with colliquative perspirations, which increase through the whole course of the disease. The urine is of a high colour, and on standing deposits a bran-like sediment. The appetite is seldom affected, and the thirst not considerable. There are often pains in the belly, and cramps in the feet and calves of the legs. The tongue, which in the commencement was a little furred, becomes clean. In the far advanced stage, the throat is often a little inflamed and affected with a small eruption like the thrush. The eyes assume a pearly white appearance, and the face, in the absence of the fever, pale, but during its recurrence, is of a florid red,

nearly of a circumscribed spot. The belly is sometimes bound, but in the far advanced stage a looseness always comes on. The weakness and emaciation of the body increase gradually, the hair at length falls off, with other signs denoting a great deficiency of nourishment. The feet are affected with dropsical swellings, but the senses and judgment remain entire, and the mind confident and full of hope. As the ulcerations of the lungs spread, so the discharge becomes more copious, and offensive to the smell. The pain, for the most part, is under the breast-bone, but often on the left, and sometimes on the right side. The difficulty of breathing is much increased on lying on either side, so that toward the last stage, the patient is obliged to lie on his back. Great emaciation and weakness of the constitution, profuse sweating and looseness, characterise the last stage.

TREATMENT.—The Lichen Islandicus, or

Ice-land moss, should be employed in such quantities as directed in page 9, so as nearly to constitute the diet of the patient. The distilled water should be used in every article of diet, as recommended for the catarrhal species, page 47. This water is a more powerful corrector of the serophulous diathesis of the system than any medicine we are acquainted with, and in the cure of this species of pulmonary consumption will prove of the greatest advantage. It promotes digestion, removes the obstruction of the mesenteric glands, and produces that healthy formation of chyle, and change of constitution which are of the greatest importance in the cure of this disease. I have found the employment of this water so very beneficial, that, of all the remedies, I consider it the most important.

Foxglove has lately been much extolled as a remedy for this disease; and in this species, by

checking the velocity of the circulation through the lungs, it may be employed with considerable advantage; but it often requires much judgment to regulate its doses. The saturated tincture is the best preparation of this herb, which may be given from ten to forty drops, twice a day, in a wine-glassful of the decoction of the Iceland liverwort, or as hereafter advised. If the disease is far advanced, and attended with œdematous swellings of the legs, it is inadmissible. In order to quiet or allay the morbid irritability of the lungs, and take off the determination to them, it will be proper to excite a little counter-irritation, and which should be kept up for some time; perpetual blisters have commonly been employed for this purpose, but I have generally recommended a seton on the side most affected, or over the breast bone, on account of its exciting less constitutional sympathy, and in its effects I have never been disappointed; so that

I consider it in this case indispensibly necessary. As an auxiliary application for this purpose, a Burgundy pitch plaster may likewise be applied between the shoulders.

The acetite of lead is a very valuable auxiliary medicine in this disease, and if properly managed, is certainly the most powerful remedy in abating hectic fever, and quieting the circulation of the blood; a grain may be given two or three times a day in a dose of the cough mixture, or with three or four grains of the storax pill.

The balsamic or terebinthinate medicines may likewise be given with considerable advantage, in conjunction with the acetite of lead, digitalis, or sulphurated kali; they evidently correct the discharge of the ulcers and secreting surface of the lungs. If the paroxysm of coughing should be violent, and expectoration

very difficult, two table-spoonfuls of the following mixture may be taken every four or five hours.

R. Inf. Lichen Island. concent. une. xij.

Tinct. Scillæ drachm. iij.

Kali Sulphurat. drachm. j.

Extr. Papav. alb. scrup. ij.

—— Glycyrrhizæ drachm. ij. m.

To which the tincture of foxglove, acetite of lead, or Canada balsam may be added, as indicated by the state of the pulse, the appearance of the matter expectorated, and the hectic symptoms.—See Pharmacopœia Plthisica, annexed to this work.

The observations I have already made on the use of flannel; the inhalation of vapours; on air; the native acids; night-sweats; diarrhœa and exercise, when treating of the catarrhal plthisis, are equally applicable to this species.

The next species, with respect to frequency, is in consequence of a rupture of a blood vessel in the lungs, technically termed

PHTHISIS HÆMORRHOICA.

which often arises from mal-formation, occasioning a disproportion between the capacity of the lungs and that of the chest, so that when the latter exceeds the former, a laceration will be produced by their sudden and great distension, particularly if the blood vessels happen to be in a loaded state from running, or any violent exercise. Such an accident, under such circumstances, would very likely terminate in ulceration, and thus occasion a lingering, but dangerous consumption. If the rupture of the vessel is the effect of plethora, without any such mal-formation, it will sometimes unite, and no

mischiefs ensue, and if ulceration should take place, it is not of that obstinate nature as when attended with a disproportion of parts.

In the cure of this species, the foxglove is the principal agent, and, properly administered, has always a very happy effect in checking the velocity of the circulation through the lungs, and thus quieting the local irritation, and constitutional sympathy. Ten drops of the saturated tincture should be begun with, three times a day, in a little barley water, (in which some gum arabic may be dissolved) and the dose gradually increased, five drops each day, till it arrives to fifty, if it does not nauseate the stomach, or produce giddiness; but if a less dose of this medicine should succeed in reducing the pulse to 70 or 80 pulsations in a minute, no further augmentation will be necessary.

If the pulse should be full, or especially if the patient be of a plethoric habit, the loss of six or

eight ounces of blood from the arm will be proper, but this should be practised with caution.

The use of flannel next the skin, a seton, or perpetual blister over the breast bone, distilled water, the different preparations of the Iceland moss, and diet recommended for the cure of the *Scrophulous Consumption of the Lungs*, should, in this case, with the same views be adopted.

The inhalation of the vapours of burnt pitch, or gum mastic, with a little gum Tolu, is of service in this species, but hurtful in the scrophulous consumption.

In case of mal-formation of the chest, it will be necessary to prevent the full expansion of the ribs, by a strong laced bandage, made with flannel.

When the violence of the symptoms is abated, and the pulse reduced to 70 or 80 pulsations in a minute, the following mixture may be taken with considerable advantage :

R. Bals. Canadensis. drachm. ij.
 Mucil. G. Arabic. unc. j.
 Tinct. Digitalis. drachm. j.
 Aq. Menth. sativ. unc. vij.
 Syr. Papav. alb. drachm. vj. m,
 Cap. Cochil. ij. larg. ter vel. quater die.

If the expectoration should be difficult, half an ounce of oxymel of squills may be added. Spirit of turpentine is much recommended in this species of pulmonary consumption, by Dr. Hunter, and in some instances I have known it to prove very beneficial. The exercise of riding on horseback, in a carriage, swinging, or sailing, as advised for the Scrophulous and Catarrhal Consumption, should in this case be adopted in preference to any other.

The next species which comes under consideration, with respect to frequency of occurrence in this country, arises from a consolidated state of the lungs, which I shall term

PHTHISIS AB ADHÆSU,

Occasioned by repeated effusions of coagulable lymph, from a kind of indolent, or frequent habitual slight inflammation in the lungs, producing adhesion of their cellular parts, so as to obliterate their cavity, or prevent their due expansion. This species was first noticed by Dr. Bailie, in his popular *Morbid Anatomy*; and Mr. Abernethy, in his *Surgical and Physical Essays* observes, that in his examination of the lungs of those who died consumptive, he detected this disease so often, as to induce him to consider it the most common cause of consumption in this country.

The only inconvenience the patient experiences from this disease, arises from the difficulty of breathing, (which is often very distressing, particularly after much exertion, ascending a pair of stairs, or after a meal) and violent palpitation of the heart. The expecto-

sation is very trifling, generally clear, frothy,
 and inodorous. The common symptoms of
 hectic fever do not come on till within a week
 or two of the dissolution of the patient. The
 most active means must, in this case, be em-
 ployed to suspend the adhesive progress of the
 disease, by the external irritation of a perpetual
 blister over the breast-bone, and between the
 shoulders, or by setons. The loss of blood from
 the arm, in proportion to the strength of the
 patient, is indispensable, and flannel next the
 skin. The determination to the lungs should
 be checked by the frequent exhibition of ipeca-
 cuanha, in the dose of two grains, three times
 a day ; and a costive state of the body ob-
 viated by aloetic purges, as the cathartic
 extract, which will answer better than any
 other aperient medicine, in opening the body,
 and at the same time relieve the lungs, by pro-
 ducing a determination of blood to the intes-
 tines.

The cough is seldom troublesome, unless the inflammatory symptoms run high, when the cough mixture, page 69, may be substituted for the ipecacuanha. An emetic once or twice a week, has generally a desirable effect.

The diet should be the same as directed for the Scrophulous Consumption. The Lichen Islandicus, in this case, is of no other use than as an article of diet, and, as such, will not answer so well as the arrow root, or tapioca.

The species technically termed

PHTHISIS CHLOROTICA,

on account of being attended with a retention of the menses, I believe always occurs in scrophulous habits, and may be considered of the same nature as the Scrophulous Consumption already noticed, which in females, from the age of 14 to 18, is generally the case.

With the methods suggested for the cure of the scrophulous consumption, the extract of

Opium may likewise be exhibited in the quantity of ten grains, two or three times a day, dissolved in the cough mixture, recommended page 46. The feet may likewise be put every night into warm water, and constantly kept warm by wearing flannel socks. Whether the suppression of this menstrual secretion of the womb be the effect of the disease of the lungs, which is generally the case, or the cause, there can be little doubt but that the disease is much aggravated by it, and that it is of importance to restore this healthy action in the womb, is obvious, from the great relief, and sometimes entire suspension experienced during pregnancy.

The Asthmatic Consumption, noticed by nosological writers, is of the same nature as the Scrophulous Consumption, being always attended with tubercles which inflame and suppurate, in consequence of the determination to

the lungs, and their violent exertions during a paroxysm of asthma.

The species termed *Phthisis Syphilitica*, from a supposition that it is produced by the action of the venereal virus on the lungs, appears to be the effect of mercury, rather than the venereal disease, and is uniformly aggravated by the exhibition of this medicine. When it occurs in elderly subjects, it is of the nature of *Phthisis Pituitosa*, and will yield to the remedies recommended for the cure of that species. It will, however, frequently happen that the use of mercury, exhibited to cure the venereal disease, will often produce inflammation in tubercles, if they happen to exist in the lungs, and thus act as an exciting cause of the *Scrophulous Consumption*; which, for its cure, will require the same treatment as recommended for that species.

Other species are enumerated by nosologists.

but the diseases from whence they derive their name, are only exciting causes, and without the previous existence of tubercles, could not produce the ulceration of the lungs; they may all, therefore, be referred to the head of Scrophulous Consumption.

Cases of Phthisis Pulmonalis restored.

PHTHISIS CATARRHALIS.

CASE 1.

Miss F. of King-street, Covent Garden, aged 24, had been affected with an obstinate cough about two months. When I saw her, January 6th, 1804, the mucus she expectorated, she informed me, was much altered in appearance and taste, and that she was much emaciated; the pulse was upwards of 120, with other hectic symptoms. Her friends assured me, that she evidently sunk away almost every day in strength

and bulk. With the use of the Balsamic mixture, page 46, pills of acetated ceruse at night, seton between the shoulders, and the auxiliaries recommended from page 45 to 46, she now enjoys a perfect state of health.

CASE 2.

Mrs. N. aged 32, had been affected with a cough six months, which had latterly become almost incessant, and the matter expectorated so offensive, as often to excite vomiting, and even affect her appetite. I was requested to see her, Feb. 19th, 1804. Her strength was then in a declining state, her pulse about 120, and very feeble. The mucus expectorated was copious, offensive even to the smell, and gravitated in water. After the application of a perpetual blister over the breast bone, the use of the Bal-

ture, page 46, the acetated ceruse with the storax pills, the lichen Islandicus, distilled water, and the diet, &c. recommended from page 47 to page 50, she was perfectly restored.

CASE 4.

Mr. Lee, of St. Martin's Lane, aged 30, applied to me in February, 1804; he had been affected with a cough for eight months, which had latterly become very troublesome, and attended with an offensive expectoration, both to taste and smell. He was much reduced in bulk and strength. The hectic symptoms ran very high, the legs swelled towards the evening, and his breath was very laborious, especially on ascending a pair of stairs. By the means recommended, page 46 to 50, he was restored to health, which he still enjoys. This gentleman was so partial to the distilled water, that he still

continues to use it for his beverage, in every article of diet.

CASE 5.

Miss Folkes, aged 18, had been affected with an obstinate cough for four months, which had continued since she had the hooping cough. Her strength was evidently rapidly on the decline, and the cough so troublesome, particularly during the night, that she could procure but little sleep. The pulse was nearly 130, and the hectic symptoms, particularly the rigors and alternate heats were very violent. By the application of a perpetual blister between the shoulders and over the breast bone, draughts of acetated ceruse, Canada balsam, and rose water, a night dose, of extract of poppies, with the use of distilled water, and the Lichen Islandicus, she was perfectly restored in the course of three weeks.

Several other cases, equally desperate, the author might produce to shew the efficacy of the mode of treatment he has suggested, which in this species he has never known to fail.

Phthisis Pituitosa.

CASE 6.

Mr. Morgan, aged 51, had been troubled with a cough upwards of eight years, which, in Sept. 1801, became very troublesome, attended with a very copious expectoration, which, during the night, amounted to twenty ounces. After taking several medicines without effect, I was requested to meet his apothecary on the 13th of December, 1801. The expectoration, he informed me, manifestly increased in quantity, and had latterly become offensive to the taste; that it had been, for the three preceding months,

of a sweetish taste, resembling honey. He had experienced no diarrhœa; but, towards morning, he perspired very profusely. His legs swelled towards night, and from a corpulent man he was become very thin, with loss of appetite, and other symptoms of extreme debility. By the use of Lichen cocoa, the mixture of myrrh, &c. a stimulating plaster over the breast bone and between the shoulders, a flannel waistcoat next the skin, and nutritious diet, he was perfectly restored, after his apothecary had declared him in the last stage of consumption.

CASES 7 and 8.

Captain B. and the Rev. Mr. W. were similarly affected, and by the same means were restored. The former gentleman is so partial to the farina lichen, that he still uses it in broth, milk, and with cocoa.

Phthisis Scrophulosa.

CASE 9.

Miss B——, Cecil-court, St. Martin's-lane, aged 16, of narrow chest, and scrophulous habit, had been afflicted with cough, attended with great expectoration, and pains in the chest, for three years. I was requested to see her in the spring of last year—she had then an incessant cough, copious expectoration of purulent matter, unpleasant to the taste and smell, and often streaked with blood—her legs were œdematous, and from profuse nocturnal perspirations, and diarrhœa, she was then so reduced as to be confined to her bed, with a pulse of 130. I candidly gave my opinion to her friends, that her situation was really hopeless, for such was her state of emaciation, that I did not conceive it possible that she could survive many days. I

however directed her to take a decoction of the Iceland moss, by which, with the auxiliary medicine, &c. above noticed, she was soon able to walk about, and is now, by perseverance, rendered capable of attending to a school which she has kept for some time.

CASE 10.

Mrs. C. the lady of Major C. of Great Russell-street, was attacked with cough in the month of December, 1803, which gradually increased till February, 1804, when I was requested to see her. Her cough was so very troublesome as to prevent her sleeping at night, and the matter expectorated so unpleasant to the taste, as to excite vomiting in considerable quantities, and generally streaked with blood; nocturnal perspirations were copious, and chiefly confined to her chest; she was also then much reduced by an affection of the bowels. On account of the

active state of the disease in the lungs, I directed a blister to be applied over the breast bone, and between her shoulders; and, by a strict adherence to the treatment specified, in page 65, she, in the course of six weeks, was restored to health, which she continues to enjoy. The lady was so partial to the distilled water, and Lichen cocoa, that she lived on little besides.

CASE 11.

John B——e, esq. a merchant in the city, aged 36, long neck, elevated shoulders, and narrow chest, had been troubled with cough upwards of six months. I was requested to meet Dr. P. in February last, who politely resigned him to my care. I desired he would immediately remove to a more pure air, in which he readily acquiesced, and in two days afterwards I was desired to visit him at Pentonville. He had every symptom of confirmed consumption, which by

the means I have suggested, gradually abated, so that in four months he was perfectly restored; and from preference, more than necessity, he still continues to use the Lichen cocoa for breakfast, and the distilled water for his common beverage. He is the only surviving son of six, four of whom died consumptive.

CASE 12.

Miss N. M. of Pitmlico, aged 24, had been affected with great pains in the bowels, which was soon attended with cough, and an expectoration of purulent matter, streaked with blood, and other symptoms of confirmed consumption. The glands of the neck were a little tumefied, and the tonsils enlarged, and particularly callous to the touch. By the use of a seton in the side, Lichen cocoa, distilled water, and the pills of cicuta, &c. noticed page 64, she has made considerable progress to a recovery,

which, in a fortnight, I have no doubt will be completed.

PHTHISIS HÆMOPTOICA.

CASE 13.

Mr. B. aged twenty-four, was affected in February, 1803, with a discharge of blood from the lungs, which was succeeded with slight cough and expectoration, which in the month of August considerably increased, and became attended with hectic symptoms, and frequent spitting of blood. With the use of tincture of digitalis, (which was gradually increased to sixty drops three times a day) the Lichen Islandicus, a perpetual blister, and the auxiliaries recommended, page 70, he was restored. This winter he experienced a return of all the symptoms, which by the same means, have now left him.

CASE 14.

Mr. —— aged twenty-two, was affected with a considerable hæmorrhage from the lungs which was rapidly followed by all the symptoms constituting hectic fever. By the application of a perpetual blister between the shoulders and over the breast bone, the sulphurated kali, the tincture of digitalis, with the auxiliaries recommended, for this species, he was restored to health, which he has enjoyed without any affliction of the lungs till yesterday, when he experienced a relapse of the hæmoptoe, which I have no doubt will be relieved by the same means.

The preceding cases are given for their variety; many more he might insert, which he judges unnecessary, and but too many instances of *Phthisis Scrophulosa* and *Hæmoptoica*, in which the same means only palliated the

symptoms, but it was not till a late period of the last stage, that the Author had an opportunity of putting them to the test.

As the Author intends prosecuting his inquiries respecting these diseases, he has, in conjunction with Mr. William Roberts, surgeon, Chancery-Lane, (who has been engaged in the same investigations for many years) with the sanction and support of gentlemen of independence, opened a DISPENSARY, at No. 70, CHANCERY-LANE, for the purpose of giving advice and MEDICINE, to people afflicted with Phthisis, every *Monday, Wednesday, and Saturday*, from *Nine till Eleven* o'clock.

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